

WHAT IS CLAIMED IS:

1. A sports shoe comprising: a sole; an upper shell monolithically associated with said sole, said shell including a heel unit and a separate toe unit; and adjusting means for increasing an overall volume of the sports shoe by way of a forward movement of said toe unit with respect to said heel unit.
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2. The sports shoe of claim 1, wherein said adjusting means for increasing the overall volume of the sports shoe are adapted to produce an increase in width of said heel unit as a consequence of the forward movement of said toe unit.
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3. The sports shoe of claim 1, wherein said adjusting means for increasing the overall volume of the sports shoe comprise at least one pair of first slots, formed in a first lower surface of said toe unit, and at least two protrusions that protrude upward from a second lower surface of said heel unit, said first slots being formed in said lower surface of said toe unit along directions that mutually diverge toward a toe region and being adapted to accommodate said at least two protrusions therein for sliding motion.
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4. The sports shoe of claim 3, wherein said toe unit has at least one slit that is formed approximately along the longitudinal central axis of said first lower surface, so as to extend at at least the region of overlap between said toe unit and said heel unit.
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5. The sports shoe of claim 4, wherein said adjusting means for increasing the overall volume of said sports shoe comprise two flat wings, formed by said slit on said first lower surface of said toe unit, said flat wings being connected proximate to the toe region, each one of said pair of slots being formed in each one of said two wings.
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6. The sports shoe of claim 5, wherein said slit is substantially wedge-shaped and runs from a rear edge of said first lower surface, up to the toe region of said first lower surface.
7. The sports shoe of claim 5, wherein said first slots are provided at said
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lower surface arranged with an inclination that allows a gradual increase in width of said heel unit when said toe unit is moved forward.

8. The sports shoe of claim 7, wherein said pair of wings are adapted to achieve a divarication by way of a relative movement of said two first slots
5 with respect to said two protrusions.

9. The sports shoe of claim 1, wherein said adjusting means for increasing the overall volume of said sports shoe comprise at least two first slots formed in a lower surface of said heel unit and at least two protrusions that are slidably engageable in said first slots, said protrusions protruding
10 downward from the lower surface of said toe unit, said first slots being provided in said lower surface of said heel unit along directions that mutually diverge toward the toe region.

10. The sports shoe of claim 1, being a ski boot or a skating shoe.